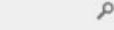


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Making Resolves at Naval Hospital Bremerton's New Year's Resolution Health Fair

BY VJOHNSON – JANUARY 23, 2014

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Story and photos by Mass Communication Specialist 1st Class James Evans Coyle, Naval Hospital Bremerton Public Affairs



Yeoman 2nd Class Ashli Defraties of Naval Hospital Bremerton's Human Resources Department jumps rope during the hospital's New Year's Resolution Health Fair on Jan. 21 (Photo by Mass Communication Specialist 1st James Evans Coyle).

Perseverance instead of procrastination was the underlying theme for Naval Hospital Bremerton's New Year's Resolution Health Fair held on Jan 21.

The event provided hospital staff members and beneficiaries ample options to visit and interact at informational booths, static displays, and hands-on physical activity events, which were specifically coordinated to help provide guidance and assistance on handling such health issues as tobacco, fitness and eating habits. There was also mental, spiritual and even financial information provided for those interested.

Hospital Corpsman 2nd Class Christopher Spangler of NHB's Health Promotion and Wellness Department noted the Health Fair gave individuals a view to what they could do and become if they truly desired the change.

"It's all about setting an achievable goal and sticking with it. When there needs to be an adjustment that you as a person know you have to make, that sense of self-preservation and a need to possess a better quality of life will hopefully kick in," said Spangler.

According to annual census statistics, the top New Year's resolutions are improving physical well-being, eating healthier, losing weight, exercising more, drinking less alcohol, and quitting smoking. Personal spirituality is also a



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traditional personal pledge.



Hospitalman Dustin Baldwin of Naval Hospital Bremerton's Health Promotions and Wellness Department answers questions regarding diet and calorie intake during the hospital's New Year's Resolution Health Fair on Jan. 21 (Photo by Mass Communication Specialist 1st Class James Evans Coyle).

Religious Program Specialist 1st Class Claire Hickman said that whenever a choice is made with a personal lifestyle, whether physical or spiritual, it doesn't necessarily require a drastic and abrupt transformation.

"There's always room for improvement. It doesn't have to be super elaborate, but people know internally where they could benefit from a change in a different direction," said Hickman.

Added NHB Command Chaplin Lt. j.g. Shawn Redmon, "The process of becoming a better person is really just taking the first step towards who you want to be and how you want to lead your life," said Redmon.

Another popular New Year's resolution people focus on is the desire to get better control over of their finances. There are those who plan on implementing a program, whether it is saving for a down payment on a specific item or simply managing their current budget.

NHB Health and Education Center's Hospital Corpsman 1st Class Daniel Plasencia noted the importance of starting off the year with a solid plan in the economic realm.

"As a command financial specialist I know the importance of starting the year off right and setting the foundation of what it means to be responsible with saving and spending money. It's really tempting to go out and blow all the tax return on a big screen television or taking a trip on a cruise boat. If you don't need those things you really shouldn't buy them. Keep on the right course to keeping your New Year's resolution going and you'll be glad you did," said Plasencia.

Navy spouse Ashley Zeiger of Health Promotions and Wellness Department's Hospitalman Robert Zeiger said she's looking forward to keeping focused and maintaining the things she's already achieved.

"I'm taking a lot college courses and I hope to keep up the pace with pursing my degree in Psychology. I've got the perfect amount of support from my husband and we'll keep each other motivated for success through 2014 and for many years after," said Zeiger.

The fitness aspect of the fair challenged all comers to test their New Year's resolution mettle in several fun exercises, including hula-hoop, jump rope and single and double arm barbell competitions.

The overall winner in the hula-hoop with a time of 2 minutes and 2 seconds was Lt. Hy Pham of NHB Family Practice Clinic. Lt. Pham also won the jump rope with 239 skips. Ensign Teresa Gilbride of NHB Family Medicine won the single arm barbell competition lasting 48 seconds and Hospital Corpsman 1st Class Gil Umayam of NHB's Optometry Clinic won the double-arm barbell with a time of 1 minute 47 seconds.

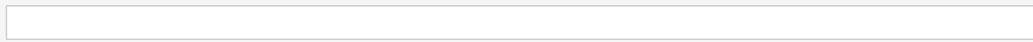


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